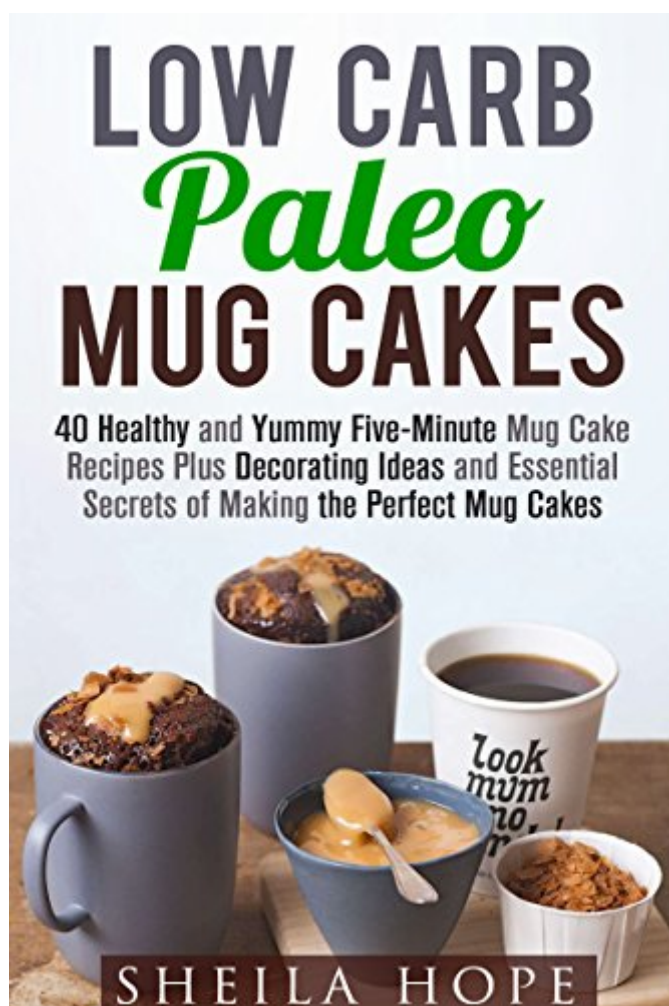


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# Low Carb Paleo Mug Cakes: Over 40 Healthy And Yummy Five-Minute Mug Cake Recipes Plus Decorating Ideas And Essential Secrets Of Making The Perfect Mug Cakes (Low Carb & Microwave Meals)





## Synopsis

Are you a dessert lover, but trying to lose weight by following a low-carb diet? Are you tired of baking entire cakes just to toss out what is left? If this sounds like you or if you are one of those busy people who never have time to catch a break this book is the perfect choice for you. Mug cakes are the perfect choice for people who are looking for something sweet to eat, but don't want the mess or hassle of baking an entire cake. Mug cakes are also the perfect choice for those of us who are constantly on the go. Most recipes can be thrown together in less than 5 minutes, cooking time included too. If you are tired of the mess that baking creates or are tired of the waste when you bake an entire cake, this is the perfect book for you. If you are tired of the same, boring cakes on your low carb or paleo diet, this book is an ideal choice for you. Sometimes making mug cakes isn't enough, this book will even teach you how all about decorating your mug cake. Inside You Will Learn: • Where mug cakes originated from • Why they are so popular • How to make the best mug cakes • Recipes for low carb and paleo mug cakes • Recipes for one-minute muffins • And Much More Once you learn how quick and easy it is to make mug cakes there will be no stopping you. Learning how to make the perfect mug cake will make both your life and your diet better, no more having to fight off those sweet tooth cravings. Don't wait anymore. Download this amazing recipe book today.

## Book Information

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## Customer Reviews

If you have never heard of a mug cake you are in for a nice surprise. They are a wonderful solution for dieters that crave a dessert but don't want a cake hanging around to encourage bad habits. This book includes quite a few helpful hints to make the perfect mug cake. There are some really great paleo recipes for the mug cakes. You don't even have to be on a paleo diet to enjoy these. The carrot cake is my favorite but peanut butter is a pretty close second. There is a chapter on decorating your muffins or cakes. There are some really nice ideas and some recipes for icings. I would have liked to have the calories and carbs list on each recipe also but since the ingredients are all listed it's not too hard to figure them out. Overall this is a nice collection of mug cake recipes. This was a free kindle book. Sometimes you get what you pay for and sometimes you make out like a bandit. This book is a bandit!

I am a huge fan of desserts. But I don't enjoy making them myself because of the time and effort. Another downside is traditional recipes call for large batches and most of it gets wasted. I really liked the idea of mug cakes. They seemed good enough for single serving so I can enjoy a new variety everyday and the recipes given were also diet friendly. I have tried the coconut flour chocolate mug cake and chocolate hazelnut as I love chocolate. They were moist and tasted really good. The baking tips also came in handy.

Great recipes. I just wish carbs and calorie count was listed for every recipe.

Easy recipes, book is easy to follow

Great recipes!

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